
Physical Activity

NO LEISURE TIME PHYSICAL ACTIVITY

Definition: Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

Prevalence of No Leisure Time Physical Activity

- South Dakota 24.0%
- Nationwide median 22.6%

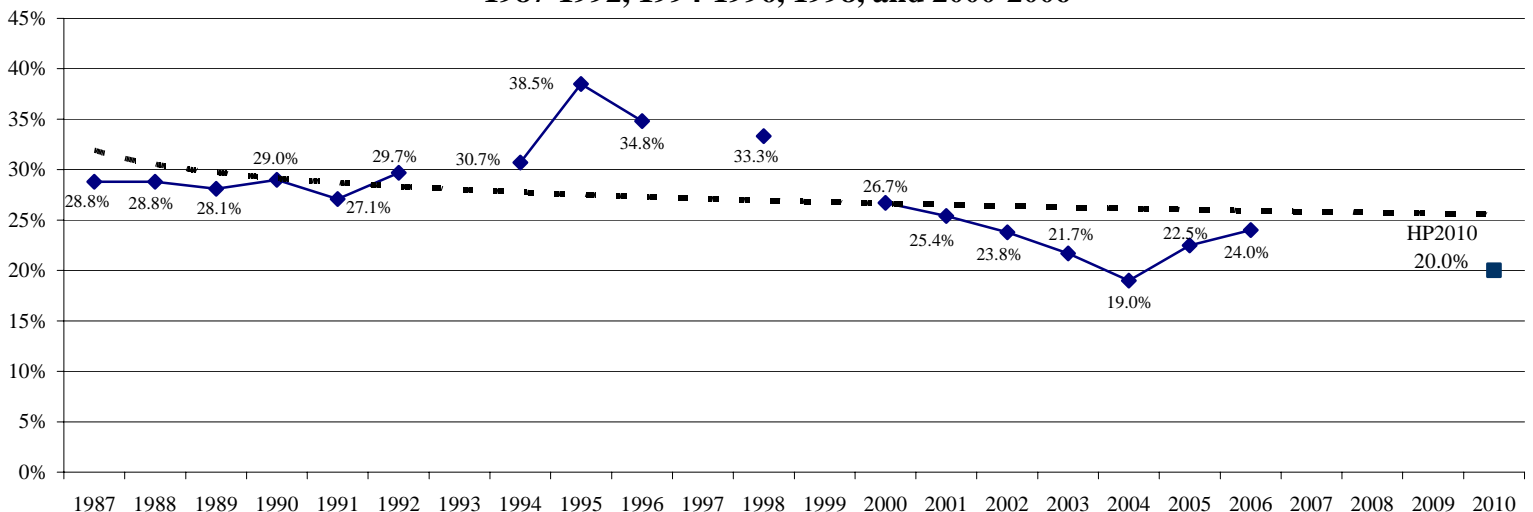
Healthy People 2010 Objective

Reduce the proportion of adults who engage in no leisure time physical activity to 20 percent.

Trend Analysis

This question was first asked in 1987 and hit its peak in 1995 with 38.5 percent of the respondents stating that they did not engage in a leisure time physical activity. Since 2000, the percent of respondents who do not engage in a leisure time physical activity had been decreasing until recently. There was an increase from 22.5 percent in 2005 to 24 percent in 2006. South Dakota had reached the *Healthy People 2010 Objective* of 20 percent in 2004 with 19 percent.

Figure 5
**Percent of Respondents Who Reported No Leisure Time Physical Activity,
1987-1992, 1994-1996, 1998, and 2000-2006**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1987-1992, 1994-1996, 1998, and 2000-2006

Demographics

Gender

There was no significant difference between males and females overall. However, males did exhibit a significantly higher prevalence of no leisure time physical activity than females in specific demographic categories such as those in the central region and those who are self-employed.

Age	The prevalence of no leisure time physical activity is higher for the older age groups. This association is especially true for females.
Race	American Indians demonstrate a significantly higher prevalence of no leisure time physical activity than whites. This difference is much more evident in females.
Region	Females in the American Indian counties region show a significantly higher prevalence of no leisure time physical activity than the other four regions. This difference is not shown among males
Household Income	The prevalence of no leisure time physical activity generally decreases as household income increases. This includes significant decreases as the \$25,000-34,999 and \$75,000 or more income groups are reached.
Education	The prevalence of no leisure time physical activity decreases as education increases. These decreases are most evident as the some post-high school, and college graduate levels are reached.
Employment Status	Those who are unable to work or unemployed exhibit a very high prevalence of no leisure time physical activity, while those who are employed for wages or a homemaker show a very low prevalence.
Marital Status	Those who are widowed demonstrate a very high prevalence of no leisure time physical activity, while those who are married or who have never been married show a very low prevalence.

Table 8
Respondents Who Reported No Leisure Time Physical Activity, 2006

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,643	24.0	(22.6-25.5)	2,595	25.6	(23.3-28.1)	4,048	22.4	(20.8-24.1)
Age									
18-24	264	21.6	(15.6-29.0)	112	27.0	(17.6-39.1)	152	15.7	(9.9-24.0)
25-34	739	17.7	(14.7-21.1)	285	16.3	(12.0-21.8)	454	19.1	(15.2-23.6)
35-44	1,037	19.5	(16.9-22.4)	419	21.5	(17.4-26.1)	618	17.5	(14.3-21.1)
45-54	1,411	22.5	(20.1-25.1)	589	26.0	(22.1-30.2)	822	19.2	(16.3-22.4)
55-64	1,169	28.4	(25.4-31.5)	499	31.2	(26.7-36.1)	670	25.3	(21.8-29.3)
65-74	944	27.2	(24.0-30.6)	364	30.7	(25.5-36.3)	580	24.1	(20.4-28.3)
75+	1,008	39.6	(36.1-43.2)	303	36.5	(30.6-42.9)	705	41.5	(37.4-45.9)
Race									
White	5,920	23.1	(21.6-24.6)	2,320	25.0	(22.6-27.5)	3,600	21.2	(19.6-23.0)
American Indian	516	32.4	(26.6-38.7)	189	26.8	(18.5-37.1)	327	38.0	(30.8-45.8)
Region									
Southeast	1,487	22.5	(19.9-25.3)	577	24.2	(20.0-28.9)	910	20.9	(17.9-24.2)
Northeast	1,612	25.6	(22.6-28.8)	610	28.2	(23.0-34.1)	1,002	23.2	(20.5-26.3)
Central	1,358	26.7	(23.9-29.7)	532	31.8	(27.1-36.8)	826	21.7	(18.8-25.0)
West	1,516	22.5	(20.0-25.2)	603	22.9	(19.2-27.1)	913	22.1	(18.8-25.7)
American Indian Counties	670	29.1	(24.3-34.4)	273	23.8	(17.6-31.3)	397	35.0	(28.5-42.2)
Household Income									
Less than \$10,000	312	35.2	(28.0-43.1)	*	*	*	*	*	*
\$10,000-\$14,999	392	32.5	(26.8-38.8)	111	36.9	(26.6-48.6)	281	30.3	(23.6-37.8)
\$15,000-\$19,999	506	37.5	(29.7-46.1)	162	40.3	(26.1-56.4)	344	35.2	(28.5-42.6)
\$20,000-\$24,999	561	36.2	(30.8-42.1)	206	35.8	(27.4-45.1)	355	36.7	(29.9-44.1)
\$25,000-\$34,999	896	24.6	(20.6-29.0)	384	25.6	(20.1-31.9)	512	23.5	(18.1-29.9)
\$35,000-\$49,999	1,133	22.4	(19.7-25.5)	491	27.6	(23.2-32.6)	642	16.9	(13.9-20.3)
\$50,000-\$74,999	1,029	18.8	(15.8-22.1)	482	22.5	(18.0-27.7)	547	14.3	(11.2-18.1)
\$75,000+	919	12.4	(10.2-14.9)	460	13.3	(10.4-16.9)	459	11.2	(8.3-14.9)

Table 8 (continued)									
Respondents Who Reported No Leisure Time Physical Activity, 2006									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Education									
8th Grade or Less	287	50.7	(39.8-61.4)	126	56.6	(40.0-71.9)	161	43.0	(33.8-52.8)
Some High School	341	35.8	(28.7-43.7)	133	39.2	(28.5-51.0)	208	32.6	(23.9-42.6)
High School or G.E.D.	2,138	30.2	(27.6-33.0)	866	31.5	(27.5-35.8)	1,272	28.9	(25.5-32.5)
Some Post-High School	1,835	24.0	(23.1-26.9)	655	26.7	(22.0-32.0)	1,180	21.7	(18.9-24.9)
College Graduate	2,027	13.0	(11.4-14.7)	804	12.5	(10.2-15.1)	1,223	13.4	(11.4-15.8)
Employment Status									
Employed for Wages	3,233	19.0	(17.1-21.1)	1,224	19.6	(16.4-23.2)	2,009	18.4	(16.3-20.8)
Self-employed	910	31.0	(27.3-34.9)	596	35.5	(30.9-40.5)	314	19.0	(14.3-24.8)
Unemployed	181	34.2	(24.6-45.4)	*	*	*	*	*	*
Homemaker	402	20.8	(16.4-25.9)	*	*	*	*	*	*
Retired	1,548	30.7	(28.0-33.4)	552	28.8	(24.7-33.3)	996	32.1	(28.8-35.6)
Unable to Work	270	52.7	(43.9-61.3)	100	51.5	(36.3-66.5)	170	53.7	(44.1-62.9)
Marital Status									
Married/Unmarried Couple	3,956	21.6	(20.1-23.2)	1,695	23.3	(21.0-25.7)	2,261	19.9	(18.0-22.0)
Divorced/Separated	874	28.6	(25.0-32.5)	342	32.2	(26.3-38.6)	532	25.8	(21.3-30.7)
Widowed	1,027	36.9	(33.6-40.4)	153	43.0	(34.3-52.2)	874	35.6	(32.1-39.3)
Never Married	762	25.8	(20.7-31.6)	396	29.2	(21.9-37.7)	366	20.7	(15.4-27.3)

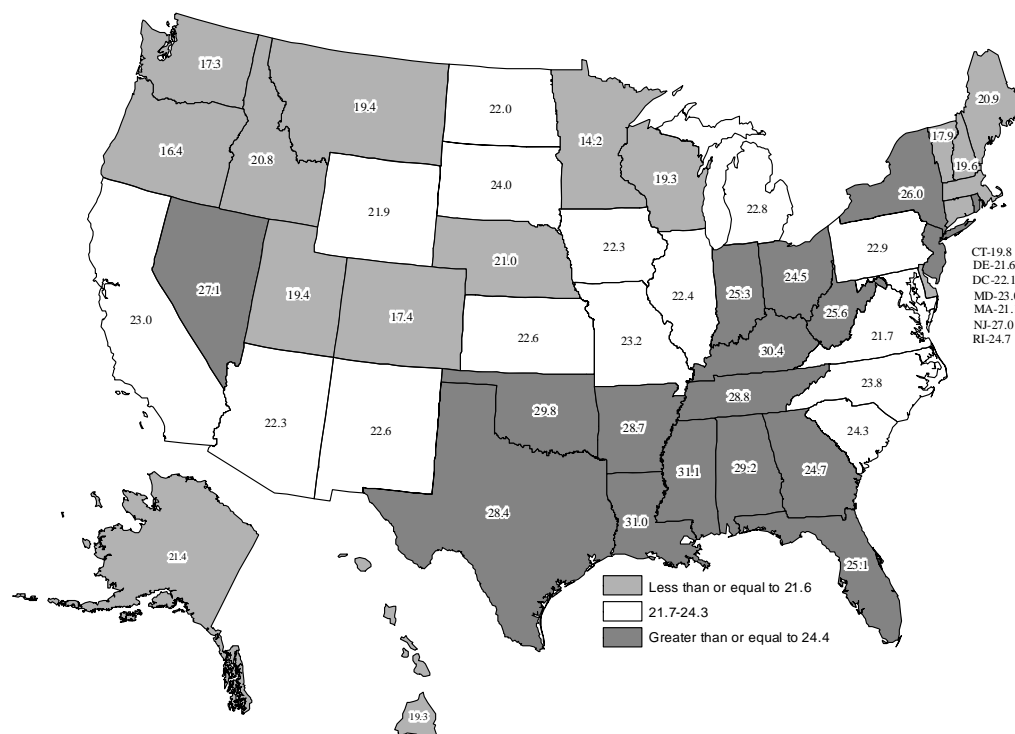
Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

National Statistics

The national median for respondents who reported no leisure time physical activity was 22.6 percent. South Dakota had 24.0 percent of respondents who reported no leisure time physical activity. Minnesota had the lowest percent of respondents who reported no leisure time physical activity with 14.2 percent, while Mississippi had the highest percent of respondents who reported no leisure time physical activity with 31.1 percent.

Figure 6
Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2006



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

Further Analysis

Following are data illustrating the percent of those who do not engage in leisure time physical activity for various health behaviors and conditions. For example, 46.7 percent of respondents who stated they have fair or poor health have no leisure time physical activity, while 21.0 percent of respondents who stated they have excellent, very good, or good health status have no leisure time physical activity.

Table 9 No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2006			
Health Behavior or Condition	# Respondents	% No Leisure Time Physical Activity	95% CI
Obese (BMI = 30.0+)	1,680	29.1	26.5-31.9
Overweight (BMI = 25.0-29.9)	2,432	22.0	19.9-24.3
Recommended Weight (BMI = 18.5-24.9)	2,094	21.4	18.6-24.5
Not Heard of "Healthy South Dakota" Program	3,892	25.1	23.2-27.1
Heard of "Healthy South Dakota" Program	2,416	20.1	18.2-22.2
Current Smoker	1,250	34.3	30.3-38.4
Former Smoker	1,825	25.1	22.7-27.8
Never Smoked	3,552	19.6	17.9-21.5
Smokeless Tobacco Use	300	31.3	24.7-38.8
No Smokeless Tobacco Use	6,127	23.0	21.6-24.5
Diabetes	597	34.3	29.9-39.0
No Diabetes	6,044	23.3	21.8-24.8
Current Asthma	490	33.5	27.8-39.7
Former Asthma	174	16.6	11.6-23.2
Never Had Asthma	5,944	23.4	21.9-24.9
No Mammogram within Past Two Years (40+)	778	31.3	27.5-35.2
Mammogram within Past Two Years (40+)	2,265	23.0	21.1-25.0
No Clinical Breast Exam within Past Two Years	865	30.7	26.8-34.9
Clinical Breast Exam within Past Two Years	3,086	20.1	18.3-22.0
No Pap Smear within the Past Three Years	508	31.0	25.8-36.8
Pap Smear within the Past Three Years	2,384	19.0	17.0-21.2
No PSA Test within the Past Two Years (40+)	799	30.3	26.7-34.2
PSA Test within the Past Two Years (40+)	1,059	26.3	23.4-29.3
No Digital Rectal Exam within the Past Two Years (40+)	848	31.9	28.3-35.7
Digital Rectal Exam within the Past Two Years (40+)	1,074	24.8	22.1-27.8
Prostate Cancer (40+)	102	39.3	29.2-50.4
No Prostate Cancer (40+)	1,840	27.3	25.1-29.7
No Blood Stool Test within the Past Two Years (50+)	2,808	29.6	27.7-31.6
Blood Stool Test within the Past Two Years (50+)	866	26.4	23.1-30.0
Never Had a Sigmoidoscopy or Colonoscopy (50+)	1,646	32.1	29.4-34.8
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	2,070	26.3	24.2-28.5
Diagnosed with Cancer in the Past 12 Months	155	28.3	20.5-37.5
Not Diagnosed with Cancer in the Past 12 Months	6,228	23.2	21.8-24.7
Drank Alcohol in Past 30 Days	3,382	20.7	18.8-22.8
No Alcohol in Past 30 Days	3,234	28.3	26.3-30.4
Binge Drinker	867	23.0	19.1-27.5
Not a Binge Drinker	5,594	24.0	22.5-25.6
Heavy Drinker	205	23.2	16.4-31.7
Not a Heavy Drinker	6,249	23.8	22.4-25.4
No Health Insurance (18-64)	403	33.6	26.5-41.6
Health Insurance (18-64)	4,039	19.9	18.4-21.6

Table 9 (continued)
No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2006

Health Behavior or Condition	# Respondents	% No Leisure Time Physical Activity	95% CI
Employer Based Health Insurance Coverage (18-64)	2,717	16.8	15.0-18.6
Private Health Insurance Plan (18-64)	570	21.4	17.5-25.8
Medicare (18-64)	126	43.5	32.4-55.2
Medicaid or Medical Assistance (18-64)	169	35.3	25.1-47.0
The Military, CHAMPUS, TriCare, or the VA (18-64)	175	30.2	23.1-38.5
The Indian Health Service (18-64)	226	32.0	23.4-42.2
No Flu Shot (65+)	522	34.8	30.3-39.7
Flu Shot (65+)	1,423	33.1	30.3-36.1
No Pneumonia Shot (65+)	648	33.6	29.5-38.0
Pneumonia Shot (65+)	1,236	33.5	30.5-36.7
Haven't Been to the Dentist in the Past Year	2,130	32.2	29.3-35.1
Been to the Dentist in the Past Year	4,488	20.2	18.6-21.9
Not Taking any Precautions Against West Nile Virus	2,748	27.4	25.0-29.8
Taking Precautions Against West Nile Virus	3,634	20.2	18.5-21.9
Sometimes/Seldom/Never Wear Seat Belt	1,152	36.2	32.3-40.2
Always/Almost Always Wear Seat Belt	5,378	20.7	19.3-22.2
Previously Had a Heart Attack	455	34.5	29.5-39.9
Never Had a Heart Attack	6,163	23.4	21.9-24.9
Have Angina or Coronary Heart Disease	388	33.3	28.1-38.9
Do Not have Angina or Coronary Heart Disease	6,199	23.5	22.0-25.1
Previously Had a Stroke	247	40.2	32.8-48.1
Never Had a Stroke	6,389	23.6	22.2-25.1
Fair or Poor Health Status	995	46.7	42.7-50.8
Excellent, Very Good, or Good Health Status	5,625	21.0	19.5-22.6
Physical Health Not Good for 30 Days of the Past 30	426	51.2	44.6-57.8
Physical Health Not Good for 0-29 Days of the Past 30	6,098	22.3	20.9-23.9
Mental Health Not Good for 20-30 Days of the Past 30	352	38.4	31.7-45.6
Mental Health Not Good for 0-19 Days of the Past 30	6,197	23.2	21.7-24.7
Usual Activities Unattainable for 10-30 Days of the Past 30	450	48.7	42.2-55.3
Usual Activities Unattainable for 0-9 Days of the Past 30	6,132	22.1	20.7-23.6
Dissatisfied / Very Dissatisfied with Life	235	48.2	40.1-56.3
Satisfied / Very Satisfied with Life	6,200	22.8	21.4-24.2
Physical, Mental, or Emotional Disability	1,521	37.7	34.5-41.0
No Physical, Mental, or Emotional Disability	5,101	20.8	19.2-22.4
Disability with Special Equipment Needed	533	49.5	44.1-55.0
No Disability with Special Equipment Needed	6,106	22.4	20.9-24.0
Injured in a Fall (45+)	234	37.6	30.5-45.3
Not Injured in a Fall (45+)	4,271	27.3	25.8-28.9
Never Been Tested for HIV (18-64)	3,550	21.5	19.7-23.4
Been Tested for HIV (18-64)	900	20.4	17.1-24.2
Military Veteran	1,002	29.2	25.8-32.9
Not a Military Veteran	5,625	23.0	21.5-24.7

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

HEARD OF “HEALTHY SOUTH DAKOTA” PROGRAM

Definition: Respondents who indicate they have heard about the South Dakota Department of Health program called “Healthy South Dakota” that encourages South Dakotans to be physically active, eat healthy, and live healthier lives.

Prevalence of Respondents Who Have Heard of “Healthy South Dakota” Program

- South Dakota 36.0%
- There is no nationwide median for heard of “Healthy South Dakota” program

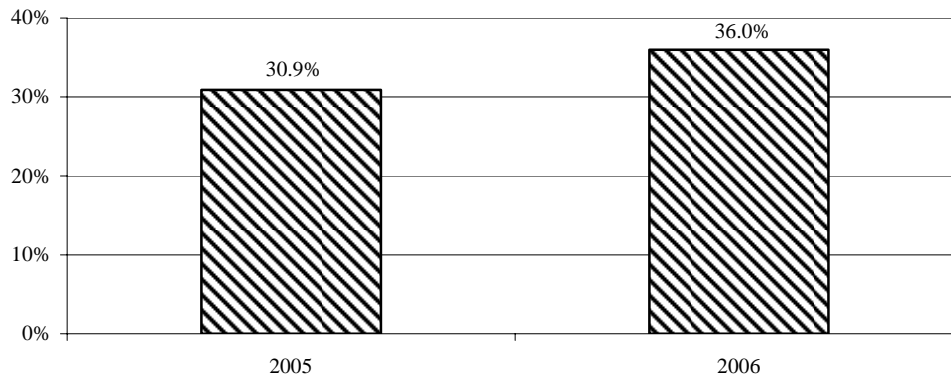
Healthy People 2010 Objective

There was no stated Health People 2010 Objective for respondents who have heard of “Healthy South Dakota” program.

Trend Analysis

This question was asked in 2005 and 2006. There was an increase in the percent of respondents who have heard of the “Healthy South Dakota” program from 2005 to 2006.

Figure 7
Percent of Respondents Who Have Heard of “Healthy South Dakota” Program, 2005-2006



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005-2006

Demographics

Gender	Females exhibit a significantly higher prevalence of those who have heard about the “Healthy South Dakota” program than males.
Age	The prevalence of those who have heard about the “Healthy South Dakota” program is higher for those in the higher age groups. This is especially true for females.
Race	Whites exhibit a significantly higher prevalence of those who have heard about the “Healthy South Dakota” program than American Indians. This racial difference is especially true for males.
Region	Those in the southeast, northeast, and central regions demonstrate a very high prevalence of those who have heard about the “Healthy South Dakota” program, while those in the American Indian counties region show a very low prevalence.

Household Income	There seems to be no strong association between the prevalence of those who have heard about the “Healthy South Dakota” program and household income.
Education	The prevalence of those who have heard about the “Healthy South Dakota” program generally increases as education increases. This association is more evident in females.
Employment Status	Those who are a homemaker or retired demonstrate a very high prevalence of those who have heard about the “Healthy South Dakota” program, while those are self-employed, unemployed, or unable to work show a very low prevalence. However, males who are employed for wages also exhibit a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of those who have heard about the “Healthy South Dakota” program, while those who have never been married show a very low prevalence.

Table 10 Respondents Who Have Heard of the “Healthy South Dakota” Program, 2006									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,314	36.0	(34.4-37.6)	2,444	33.2	(30.8-35.8)	3,870	38.6	(36.6-40.7)
Age									
18-24	249	26.8	(20.9-33.7)	104	26.9	(18.2-37.8)	145	26.8	(19.4-35.8)
25-34	704	33.2	(29.2-37.4)	271	29.6	(23.8-36.1)	433	37.0	(32.0-42.3)
35-44	985	36.5	(33.0-40.0)	396	32.0	(27.0-37.5)	589	40.9	(36.4-45.6)
45-54	1,347	34.9	(32.0-38.0)	558	29.9	(25.6-34.6)	789	39.8	(35.9-43.8)
55-64	1,117	42.0	(38.6-45.4)	468	41.1	(36.1-46.2)	649	42.9	(38.6-47.3)
65-74	900	40.6	(37.0-44.4)	339	40.5	(34.7-46.5)	561	40.8	(36.1-45.7)
75+	956	41.9	(38.3-45.6)	290	42.6	(36.2-49.2)	666	41.5	(37.3-45.9)
Race									
White	5,649	36.8	(35.2-38.5)	2,199	34.5	(32.0-37.2)	3,450	39.0	(36.9-41.2)
American Indian	479	25.7	(20.9-31.2)	171	21.1	(14.5-29.7)	308	30.3	(24.1-37.4)
Region									
Southeast	1,406	35.1	(32.1-38.1)	545	33.0	(28.5-37.8)	861	37.0	(33.2-41.0)
Northeast	1,534	39.2	(36.2-42.3)	577	35.9	(31.2-40.9)	957	42.2	(38.4-46.1)
Central	1,292	40.0	(36.8-43.3)	504	34.4	(29.6-39.5)	788	45.5	(41.5-49.6)
West	1,446	34.3	(31.3-37.5)	562	33.1	(28.5-38.1)	884	35.4	(31.5-39.4)
American Indian Counties	636	26.8	(22.4-31.7)	256	21.2	(15.3-28.6)	380	32.9	(27.2-39.2)
Household Income									
Less than \$10,000	294	34.1	(26.9-42.2)	*	*	*	*	*	*
\$10,000-\$14,999	378	32.5	(25.9-39.8)	106	27.1	(17.3-39.8)	272	35.1	(26.9-44.3)
\$15,000-\$19,999	476	36.1	(29.6-43.2)	151	37.9	(26.2-51.1)	325	34.8	(28.1-42.1)
\$20,000-\$24,999	523	33.6	(28.2-39.4)	190	35.3	(26.6-45.1)	333	32.1	(25.9-38.9)
\$25,000-\$34,999	865	35.0	(30.6-39.5)	370	32.5	(26.2-39.5)	495	37.7	(32.0-43.7)
\$35,000-\$49,999	1,084	36.2	(32.8-39.7)	459	30.8	(25.9-36.2)	625	41.7	(37.1-46.4)
\$50,000-\$74,999	994	34.9	(31.5-38.5)	459	33.7	(28.8-38.8)	535	36.4	(31.6-41.5)
\$75,000+	879	39.6	(35.7-43.6)	438	35.3	(30.1-40.8)	441	45.4	(39.9-51.0)
Education									
8 th Grade or Less	260	34.6	(27.9-41.9)	111	34.5	(24.9-45.5)	149	34.7	(26.0-44.5)
Some High School	311	32.6	(25.5-40.6)	122	30.3	(20.5-42.2)	189	34.8	(25.0-46.1)
High School or G.E.D.	2,028	33.8	(31.0-36.7)	813	30.4	(26.4-34.7)	1,215	37.4	(33.7-41.2)
Some Post-High School	1,762	35.8	(32.7-38.9)	623	32.5	(27.6-37.9)	1,139	38.5	(34.8-42.3)
College Graduate	1,941	39.0	(36.3-41.8)	767	37.2	(33.1-41.5)	1,174	40.8	(37.4-44.3)

Table 10 (continued) Respondents Who Have Heard of the “Healthy South Dakota” Program, 2006									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,314	36.0	(34.4-37.6)	2,444	33.2	(30.8-35.8)	3,870	38.6	(36.6-40.7)
Employment Status									
Employed for Wages	3,089	36.3	(34.1-38.5)	1,155	33.3	(30.0-36.7)	1,934	39.2	(36.4-42.0)
Self-employed	873	27.6	(23.9-31.6)	569	26.5	(22.0-31.6)	304	30.5	(24.7-37.0)
Unemployed	169	24.9	(17.0-35.0)	*	*	*	*	*	*
Homemaker	378	41.3	(35.2-47.8)	*	*	*	*	*	*
Retired	1,460	42.2	(39.3-45.2)	515	42.7	(37.9-47.6)	945	41.8	(38.2-45.5)
Unable to work	256	30.6	(23.6-38.8)	*	*	*	*	*	*
Marital Status									
Married/Unmarried Couple	3,771	37.3	(35.5-39.2)	1,601	34.9	(32.2-37.8)	2,170	39.8	(37.4-42.3)
Divorced/Separated	820	36.6	(32.4-40.9)	311	37.0	(30.0-44.5)	509	36.3	(31.4-41.4)
Widowed	978	43.0	(39.5-46.6)	145	49.5	(40.3-58.7)	833	41.7	(37.9-45.6)
Never Married	725	27.7	(22.9-32.9)	379	24.7	(18.6-31.9)	346	32.0	(24.9-40.0)

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

Further Analysis

Following are data illustrating the percent of respondents who have heard of the “Healthy South Dakota” program for various health behaviors and conditions. For example, 39 percent of respondents who stated they have employer based health insurance coverage have heard of the “Healthy South Dakota” program, while 27.3 percent of respondents who stated they have private health insurance have heard of the “Healthy South Dakota” program.

Table 11 Respondents Who Have Heard of the “Healthy South Dakota” Program for Selected Health Behaviors and Conditions, 2006			
Health Behavior or Condition	# Respondents	% Heard of “Healthy South Dakota” Program	95% CI
Obese (BMI = 30.0+)	1,622	34.8	31.8-37.8
Overweight (BMI = 25.0-29.9)	2,305	35.5	33.0-38.1
Recommended Weight (BMI = 18.5-24.9)	1,986	37.4	34.5-40.4
No Leisure Time Physical Activity	1,632	31.1	28.2-34.2
Leisure Time Physical Activity	4,676	37.5	35.7-39.4
Current Smoker	1,182	30.7	27.3-34.4
Former Smoker	1,739	36.9	34.0-39.9
Never Smoked	3,380	37.6	35.4-39.8
Smokeless Tobacco Use	296	31.8	24.9-39.6
No Smokeless Tobacco Use	6,015	36.3	34.6-37.9
Diabetes	569	39.7	34.9-44.7
No Diabetes	5,743	35.8	34.1-37.4
Current Asthma	456	40.3	34.2-46.6
Former Asthma	165	35.0	25.6-45.7
Never Had Asthma	5,661	35.7	34.1-37.4
No Mammogram within Past Two Years (40+)	752	36.4	32.3-40.7
Mammogram within Past Two Years (40+)	2,202	42.2	39.8-44.7
No Clinical Breast Exam within Past Two Years	830	31.2	26.9-35.7
Clinical Breast Exam within Past Two Years	2,998	40.2	38.0-42.5
No Pap Smear within the Past Three Years	483	30.6	24.9-37.0
Pap Smear within the Past Three Years	2,317	39.2	36.6-41.8

Table 11 (continued)
Respondents Who Have Heard of the “Healthy South Dakota” Program for Selected Health Behaviors and Conditions, 2006

Health Behavior or Condition	# Respondents	% Heard of “Healthy South Dakota” Program	95% CI
No PSA Test within the Past Two Years (40+)	767	35.1	31.1-39.2
PSA Test within the Past Two Years (40+)	1,026	38.9	35.5-42.3
No Digital Rectal Exam within the Past Two Years (40+)	816	32.3	28.7-36.2
Digital Rectal Exam within the Past Two Years (40+)	1,037	40.7	37.3-44.3
Prostate Cancer (40+)	100	41.0	30.6-52.3
No Prostate Cancer (40+)	1,774	36.6	34.0-39.2
No Blood Stool Test within the Past Two Years (50+)	2,723	40.1	37.9-42.3
Blood Stool Test within the Past Two Years (50+)	843	44.1	40.2-48.0
Never Had a Sigmoidoscopy or Colonoscopy (50+)	1,591	39.5	36.6-42.4
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	2,021	42.2	39.7-44.7
Diagnosed with Cancer in the Past 12 Months	153	44.2	35.1-53.6
Not Diagnosed with Cancer in the Past 12 Months	6,153	35.8	34.2-37.5
Drank Alcohol in Past 30 Days	3,225	36.2	34.0-38.4
No Alcohol in Past 30 Days	3,078	35.6	33.3-37.9
Binge Drinker	825	32.8	28.5-37.5
Not a Binge Drinker	5,353	37.0	35.3-38.7
Heavy Drinker	196	31.8	24.0-40.7
Not a Heavy Drinker	5,971	36.4	34.8-38.0
No Health Insurance (18-64)	398	23.5	18.4-29.4
Health Insurance (18-64)	3,967	35.7	33.8-37.7
Employer Based Health Insurance Coverage (18-64)	2,680	39.0	36.7-41.4
Private Health Insurance Plan (18-64)	558	27.3	22.7-32.4
Medicare (18-64)	123	33.2	23.6-44.5
Medicaid or Medical Assistance (18-64)	163	23.0	14.7-34.3
The Military, CHAMPUS, TriCare, or the VA (18-64)	168	30.0	22.7-38.4
The Indian Health Service (18-64)	221	21.8	15.8-29.4
No Flu Shot (65+)	491	38.9	34.0-44.0
Flu Shot (65+)	1,360	42.1	39.1-45.2
No Pneumonia Shot (65+)	617	40.2	35.8-44.8
Pneumonia Shot (65+)	1,178	42.7	39.4-46.1
Haven't Been to the Dentist in the Past Year	2,013	30.7	28.0-33.4
Been to the Dentist in the Past Year	4,278	38.5	36.6-40.5
Not Taking any Precautions Against West Nile Virus	2,717	30.7	28.4-33.1
Taking Precautions Against West Nile Virus	3,580	40.1	38.0-42.2
Sometimes/Seldom/Never Wear Seat Belt	1,114	27.9	24.3-31.9
Always/Almost Always Wear Seat Belt	5,190	37.9	36.2-39.7
Previously Had a Heart Attack	422	41.1	35.5-46.9
Never Had a Heart Attack	5,871	35.8	34.2-37.5
Have Angina or Coronary Heart Disease	373	40.4	34.5-46.5
Do Not have Angina or Coronary Heart Disease	5,891	35.8	34.1-37.4
Previously Had a Stroke	234	39.9	31.9-48.5
Never Had a Stroke	6,077	35.9	34.3-37.5
Fair or Poor Health Status	945	37.0	33.0-41.1
Excellent, Very Good, or Good Health Status	5,349	35.9	34.2-37.6
Physical Health Not Good for 30 Days of the Past 30	410	40.1	33.9-46.7
Physical Health Not Good for 0-29 Days of the Past 30	5,793	35.8	34.2-37.5
Mental Health Not Good for 20-30 Days of the Past 30	332	29.4	23.2-36.4
Mental Health Not Good for 0-19 Days of the Past 30	5,892	36.2	34.6-37.9

Table 11 (continued)
Respondents Who Have Heard of the “Healthy South Dakota” Program for Selected Health Behaviors and Conditions, 2006

Health Behavior or Condition	# Respondents	% Heard of “Healthy South Dakota” Program	95% CI
Usual Activities Unattainable for 10-30 Days of the Past 30	434	26.3	21.5-31.8
Usual Activities Unattainable for 0-9 Days of the Past 30	5,825	36.5	34.9-38.2
Dissatisfied / Very Dissatisfied with Life	230	26.1	19.8-33.5
Satisfied / Very Satisfied with Life	6,051	36.3	34.7-37.9
Physical, Mental, or Emotional Disability	1,457	36.1	33.0-39.3
No Physical, Mental, or Emotional Disability	4,836	36.0	34.2-37.9
Disability with Special Equipment Needed	507	38.1	32.9-43.6
No Disability with Special Equipment Needed	5,804	35.9	34.2-37.5
Injured in a Fall (45+)	228	41.0	33.5-49.0
Not Injured in a Fall (45+)	4,120	39.3	37.5-41.1
Never Been Tested for HIV (18-64)	3,465	36.5	34.4-38.7
Been Tested for HIV (18-64)	875	27.7	24.2-31.4
Military Veteran	948	39.5	35.7-43.5
Not a Military Veteran	5,361	35.4	33.7-37.2

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006